

**Supplementary TABLE 1**  
*Inclusion/Exclusion Criteria - Humans*

Inclusion Criteria	Exclusion Criteria	Restrictions before Study
<p>Age 21 – 60 years</p> <p>BMI &lt; 25</p> <p>Smoking No</p> <p>Contraception Yes, both males and females</p> <p>Vitamins Stop prior to enrollment</p> <p>Ethanol No</p>	<p>Nursing</p> <p>Experimental Drugs: No drugs 4 weeks prior, no blood donation 8 weeks prior to enrollment</p> <p>Coagulation/Bleeding Disorders</p> <p>Nutritional inefficiencies (specifically for Fe, Zn, Cu, Mg)</p> <p>Fish Allergies</p> <p>Cancer/Cardiovascular/Renal/Hepatic /Respiratory/Endocrine/Neurologic disease</p> <p>High Blood Pressure Systolic BP &gt; 160 - No Diastolic BP &gt; 95 – No</p> <p>GI Disorders</p> <p>History of ethanol consumption: More than 3 drinks/day</p>	<p>Subjects were advised to abstain from the following:</p> <ul style="list-style-type: none"> <li>i) caffeine or high fat foods 24 hours prior to each study visit</li> <li>ii) high doses of antioxidant vitamins daily (vitamin C &gt; 1000mg, Vitamin E &gt; 400 IU, Beta Carotene &gt; 1000IU, Vitamin A &gt; 5000IU, Selenium &gt; 200mcg, Folic Acid &gt; 1mg) for 2 weeks prior to the start of the study and throughout the study</li> <li>iii) acetaminophen, NSAIDS, COX-2 inhibitors (OTC or prescription) for 1 week prior to the start of the study and throughout the study</li> <li>iv) alcohol consumption 24 hours prior to the start of each study visit and throughout the active study (unless part of the study intervention)</li> <li>v) medications including antibiotics 2 weeks prior to the start of the study and throughout the study (birth control pills were acceptable)</li> </ul>